



NAVY RESERVE MEDICINE

SEP 2021, VOL. 2, ISSUE 9

WHAT'S INSIDE

Ed& Trng, IRT.....	2
CCPD update.....	3
RAO Update.....	3
IT.....	4
Mobilizations.....	5
Manpower.....	6

Caring For Ourselves While We Care for Others

**Bruce L Gillingham, MD, CPE,
FAOA**

**Surgeon General, Chief Bureau of
Medicine and Surgery**

Esteemed Navy Medicine Shipmates, I'm using this All Hands message to share my thoughts while events continue to unfold around the world and to bring you up to speed on what we are doing to support our fellow citizens, our trusted partners in Afghanistan and the beleaguered citizens of Haiti.

For the past two decades we have answered our Nation's call and deployed forward to support our Sailors, Marines, and coalition partners in Afghanistan. Many of you have served boots on the ground in this long war as Individual Augmentees, on patrol with your Marines and Sailors, and embedded with Role 2 and 3 facilities in theater. During this 20 year period, you as members of Navy Medicine did incredible, heroic work. Those who served on the ground and those who supported our deployed members should be deeply proud of what you accomplished. You excelled in roles augmenting local forces and national government officials as

advisors and mentors. You kept our Marines, fellow Sailors and Coalition forces safe by being the Doc, ensuring the care and well-being of your units. Your preventive care and steady presence was paramount and when a casualty occurred you were ready. From the front lines a casualty had a 97% survivability rate; such success is unprecedented and highlights your incredible efforts. As the war changed, you adapted and persevered. What we learned in trauma care we applied in preparation for future conflict and shared with our civilian counterparts. These lessons help save lives on the battlefield and in our local communities every day.

As the United States departs Afghanistan, Navy Medicine professionals will continue to support our troops and assist with the medical evaluations for Afghan nationals who worked alongside us and who are now seeking asylum. I am proud of our continued service and commitment to our warfighters and our efforts to help many of our friends start anew.

I also understand the wide range of feelings many of us are experiencing as we leave a country we have supported for decades, as we watch events unfold, and as we inevitably contemplate the sacrifice so many have made. A strong, potentially painful emotional reaction is to be expected. None of us need experience these thoughts alone. I encourage everyone to talk with your shipmates, family, and friends about your views and how you are coping with current events. Reach out and build on the skills we have been refining in our Enduring Conversations. If you feel that you would benefit from professional

M10 STAFF

CAPT Eric Lubeck

Director
(571) 216-7697
Eric.h.lubeck.mil@mail.mil

CDR Melissa Oldham

Deputy Dir.
(571) 481-1725
Carol.m.oldham.mil@mail.mil

HMCS Derek Sheppard

Senior Enlisted Leader
(703) 681-7202
Derek.w.sheppard.mil@mail.mil

CAPT Lydia Doye

Special Assistant, Manpower
(703) 681-9410
Lydia.j.doye.mil@mail.mil

CDR Randall Hodo

Strategic Plans & Operations
(703) 681-9507
Randall.g.hodo2.mil@mail.mil

Mr. Jim Clearwood

Finance
(703) 681-9213
James.m.clearwood.civ@mail.mil

LT Marline Duncan

Education & Training (703) 681-5572
Marline.a.duncan.mil@mail.mil

HM1 Abdessamad El Gbouri

Education and Training
(703) 681-5517
Abdessamad.elgbouri.mil@mail.mil

LCDR Shannon Gangler

IRT Program
(703) 681-9129
Shannon.a.gangler.mil@mail.mil

LT Glenda Palomino

Manpower
(703) 681-6806
Glenda.m.palominonuflo.mil@mail.mil

LT Rodrick Womack

Mobilizations
(703) 681-5517
Rodrick.t.womack.mil@mail.mil

LT Carmen Garcia

Administration
Carmen.garcia92.mil@mail.mil



(continued from page 1)

assistance in working through your emotions do not hesitate to send up a flare. Any member of the Navy Medicine family can get you the help you need... just say the word. There is no "wrong door" in Navy Medicine. We have counselors, chaplains, and mental health professionals who can help you become more resilient and foster strength when you need it the most. One of our key strengths is the ability to care for each other. Make sure you check on those you served with and above all take care of yourself.

We are also assisting with the international relief effort to help the people of Haiti after a devastating 7.2 magnitude earthquake struck the country this past week. On Tuesday, a Fleet Surgical Team departed aboard USS ARLINGTON (LPD 24) and we are also sending a Forward Deployable Preventive Medicine Unit (FDPMU) to provide additional relief in support of U.S. Southern Command Joint Task Force-Haiti.

Navy Medicine is also here for our fellow American citizens. This week we deployed a 23 person Medical Response Team (MRT) to Lafayette Louisiana to integrate with and supplement local hospital staff who are battling a COVID resurgence that is ravaging mainly those who remain unvaccinated. MRTs are the next iteration of frontline COVID-relief, and a hybrid of our Acute Care Team and Rapid Rural Response Teams that proved so vital earlier in this pandemic. We will likely send more MRTs out to help our fellow Americans in the weeks ahead. Check out this video of the welcome the team received. I think you'll be as inspired as I was:
<https://www.klfy.com/lafayette-parish/navy-medical-team-arrives-to-aid-oschner-lafayette-general/>
One team, one fight. Thank you for what you do every day to protect our nation.

Education & Training

LT Duncan/HM1 El Gbouri

Greetings shipmates!! September is here, and it is a start of so many new things occurring at the same time. The first month of a new season, schools are opening up for people to go in person, Fiscal Year 2021 is coming to an end. Covid-19 Pandemic is still fresh on everyone's minds and with new variants there are no final solutions when this may come to end. There is still one thing that is consistent and that is we all must continue to stay ready for anything.

What are your plans for FY 2022 to advance in your career?

There are many opportunities in Navy Medicine to get the training that you need for professional development. Below are a few courses that are available to you as Navy Medical Leaders:

MedXcellence:

<https://medschool.usuhs.edu/pmb/education/medxcellence>

- October 25-28, 2021: Virtual
- January 30 - February 4, 2022: San Antonio, TX
- March 20-25, 2022: Bethesda, MD
- June 19-24 2022: Tacoma, WA
- August 7-12 2022: Garmisch, Germany

Advanced Readiness Officer

Course (O-4 and above) on site in Bethesda, Maryland

<https://www.med.navy.mil/Naval-Medical-Leader-and-Professional-Development-Command/Academic-Programs/Management-and-Specialty/Advanced-Readiness-Officer/>

- October 18-29, 2021
- January 10-21, 2022
- February 14-25, 2022
- March 14-25, 2022
- April 18-29, 2022

Advanced Medical Department

Enlisted Course (AMDEC), is a prerequisite for Executive Medical Department Enlisted Course (EMDEC) open to Reserve Component Enlisted.

<https://www.med.navy.mil/Naval-Medical-Leader-and-Professional-Development-Command/Academic-Programs/E-Courses/Advanced-Medical-Department-Enlisted/>

M10 Training Department continues to support and help you succeed in your Navy career.

Innovative Readiness Training (IRT) Program

LCDR Gangler

Two Navy Reserve members from NMRTC Bethesda supported the Central Delaware Partnership for Hope IRT from 26 July-12 August. CDR Melanie Cordoro served as the Mission Assistant OIC and LT Mandell Butler served as the Medical OIC in this Joint Service exercise with the Army National Guard, Air Force Reserve Command, Air National Guard, Army Reserves, USMC 4th Medical and Dental Battalions, and the Navy Ophthalmic Support and Training Activity (NOSTRA) team.



From left to right: LT Butler, CPT Clyburn, and MAJ. Giffin with local children



They conducted operations and training at three patient care sites. The team treated 3,227 patients, totaling 18,050 medical, dental, and optometry procedures, and fabricated and distributed 2,123 pairs of glasses, saving the local community \$1.5 million in medical care costs. The military members on deck conducted over 3,780 man hours of continuous Joint Services training throughout the exercise, while leaving a tremendous impact on the local community of Dover Delaware. Although the Navy footprint was small at this IRT, the dedication of these two Navy Reserve Medicine members largely contributed to the success of this robust mission and will forever be remembered by the Dover community.

CCPD Updates

TIPS OF THE MONTH SEPTEMBER 2021

Frequently asked questions and responses:

Question: *What is needed if I have new Reserve healthcare provider members to my Unit/Det, and need to verify if they are privileged (independent practitioners) or have a Clinical Support Staff Assignment (Staff RNs and Enlisted Dental Hygienists)?*

Answer: Have the member validate their privileges/Clinical Support Staff Assignment, or to initiate an application for the same.

Question: *I've heard, due to COVID-19 events, that CCPD BUMED JAX has transitioned to a hybrid work schedule, with staff working both remotely and in-office. What is the best way to reach someone in your office regarding any credentialing or privileging matters?*

Answer: Yes, due to COVID-19, CCPD BUMED JAX has adjusted its work schedules to accommodate

our worldwide customers, and to maximize the health/safety of our CCPD workforce. The best way to reach someone is via our CCPD group email at USNCCPD@mail.mil. A member of the CCPD staff will respond, at latest, within 1-2 business days.

From the RAOs...

**CAPT Marley/CAPT Blaustein
CAPT Ormsbee/CAPT Morgan**

College/Graduate School Transcripts

To have your formal education updated, the official transcripts must come directly from the school to the office below. They can be delivered electronically as long as the school uses a secure delivery system such as eScrip, Scrip-Safe, Docufide, National Student Clearinghouse, etc. The service should send the transcript to jst@doded.mil or they can be mailed to:
NETC N644 JST Ops Center
6490 Saufley Field Road
Pensacola, Florida 32509

Before sending the transcripts, you must contact the Joint Services Transcript Operations Center (JST OPS) at jst@doded.mil, advising them that you are having an official transcript mailed to them directly from the academic institution for the purpose of adding it to your Joint Services Transcript (JST). You should provide your name, last four of your SSN, and either your e-mail or phone number so that they can reach you should there be any questions.

To see if the degrees have been added, please check the ACADEMIC page or the INQUIRIES tab on the JST website <https://jst.doded.mil/jst/> before contacting the office to see if the degree has been added. Please wait a minimum of 10 business days before contacting the JST office to

see if they have received the degree. The JST website can be found at <https://jst.doded.mil/jst/>.

According to BUPERS online, instructions on how to make changes to your formal education are below. As a precaution, we recommend contacting PERS-45E at Mill_pers45e@navy.mil to inquire if a new transcript needs to be submitted.

SCHOOL ATTENDED:

Corrections: Official transcript must show date and degree awarded - only sealed envelopes from the registrar sent to the office above may be used to update.

YEAR:

The final year attending this college. Corrections: Official transcript must show date and degree awarded - only sealed envelopes from the registrar may be used to update. Send email for more information to Mill_pers45e@navy.mil.

LEVEL:

Indicates the level of education. Corrections: Official transcript must show date and degree awarded - only sealed envelopes from the registrar sent to PERS-45E may be used to update. Send email for more information to Mill_pers45e@navy.mil.

MAJOR:

Indicates the Major field of course study. Corrections: Official transcript must show date and degree awarded - only sealed envelopes from the registrar sent to PERS-45E may be used to update. Send email for more information to Mill_pers45e@navy.mil.

MAJOR SPECIALIZATION:

A specialty within a major field of study. This is not a minor. Official transcript must show date and degree awarded - only sealed envelopes from the registrar sent to PERS-45E may be used to update. Send email for more information to Mill_pers45e@navy.mil.



IT Corner

HM1 El Gbouri

GET YOUR MS TEAMS READY!

In 2020, we successfully adapted to the new teleworking tools, especially MS TEAMS CVR. Now we have new versions of virtual products, including O365 and Flank Speed. The general assumption is that both tenants talk to each other, so regardless of what tenant you belong to (O365-J for BUMED and DHA, or Flank Speed for CNRFC and subordinate commands) you will be able to attend and/or be part of conferences managed by either tenant.

1. For Flank Speed: you can gain access by going to <https://portal.apps.mil> and typing in the email fathom@us.navy.mil then select the option to log in with CAC

2. For O365-J: you will need to type in your mail.mil email and click log in with CAC.

For the O365-J tenant that will be hosting the BUMED M10 online conferences, please refer to the MS TEAMS User Guide made by BUMED M10. Inside this guide you will learn how to log in, how to set up a team, how to get support in case of problems, and much more.

To get you started, let's look at some "what if" scenarios:
What if:

You can't log in with your CAC

- Your account is not provisioned. Update your email via Milconnect, submit a ticket via <https://gsc.health.mil>, contact dhagsc@mail.mil or call 1800- 600-9332 and say: "Microsoft teams" when asked by the automated system.

- You are using an unsupported platform. Use your web browser, preferably Google Chrome, MS Edge, or Firefox.

- Your device is malfunctioning. See your IT department

You can't add people to your team.

- If you can't find people when trying to add them, either they don't have an account with MS Teams, or they are from an outside tenant. The Solution is to add them as guests, they can see and hear but can't present.

- If you can find them, but they have an account from an outside tenant, still add them. If the tenant is within the DoD list of tenants outlined in the link above, the general assumption is they can communicate with full capabilities. (The MS Teams platforms are still being worked on, so this may or may not be fully implemented, and it has to do with a capability managed internally by each tenant called "External Federation" not the scope of this guide.)

Once you test your account and your equipment, including your microphone and your camera, test your ability to present and share files by creating a meeting via your Outlook and testing your capabilities. To create a meeting and add attendees, refer to MS TEAMS User Guide made by BUMED M10.

How are Continued Medical Education (CME) points captured? HMCS Sheppard

Periods used for crediting of qualifying years for non-regular retirement shall be based on "anniversary" years.

Anniversary Year:

Based on date member entered into Active service or into a drilling status in the Reserve Component, whichever is earlier. Retirement points earned in one (1)

anniversary year are not transferable to any other anniversary year.

Qualifying Years are calculated at the end of each anniversary year. In an anniversary year in which fewer than 50 points are credited, the earned points are added to the cumulative retirement point total, but that anniversary year is not considered a qualifying "good" year.

Qualifying /Satisfactory Year- 50 or more retirement points
Do not confuse "years of service and satisfactory years"

Max CME Points

SELRES/VTU Members: 35 points
IRR Members: 20 points.

Drilling Reservists

Obtain a signed approval from their Commanding Officer or designated representative via NAVPERS 1336/3, Special Request/Authorization to submit.

Non-Drilling Individual Ready Reservist (IRR)

Submission must include all enclosures and certificates to BUMED in one PDF file plus the one Excel Spreadsheet.

(1) Cover Sheet
(2) Cumulative Spreadsheet
(3) NAVPERS 1336-3 Rev10-11 Special Request/Authorization
(4) NAVPERS 1070-613 Rev08-12 Administrative Remarks Page 13
For more details refer to the NPC Reserve Management Points FAQ Website below:

<https://www.mynavyhr.navy.mil/Carrier-Management/Reserve-Personnel-Mgmt/Points-FAQ/>



Mobilizations

LT Womack

GTMO (1/14/2022 – 10/25/2022)

Senior Enlisted Leader (E8–E9), HM only
Physical Therapy Tech (L20A) (E4–E6)
Nurse Quality Management (1950) (O4–O5)
Physical Therapist (1873) (O3–O5)

CENTCOM AOR (3/4/2022 – 12/21/2022)

Respiratory Tech (L32A) (E4–E6)

GTMO (3/25/2022 – 10/25/2022)

Deputy Surgeon General/OIC Det (2105) (O5–O6)
Family Practice/Internal Medicine Officer (SMO) (O5–O6)

ECRC Norfolk (5/13/2022 – 4/28/2023)

Hospital Corpsman/Processing (HM) (E4–E6)
Medical Provider (MD/DO, NP, PA) (O3–O5)

What to expect when you're expecting (a mobilization)?

So you've volunteered for a mobilization and have been accepted. What happens now? Once a nomination has been accepted, personnel will be contacted by their respective NOSC to inform them that they have been tagged for a mobilization. After being contacted by your NOSC, you should get your orders within 60-90 days of your initial I-stop date. The I-stop date is the day that you will report to your NOSC to complete the administrative process for mobilization. Usually, a member would head to ECRC a few days after the I-stop date for training and another medical evaluation. Any required training will be outlined in the receiving

command's Welcome Aboard package.

What can I do to prepare for mobilization?

Stay up to date with your credentialing and any required training for your specific specialty.

If there are any prior medical issues that have been cleared up, make sure to work with your NOSC medical department to update your record.

When applicable, make sure to update your Family Care Plan, will, and power of attorney.

For uniform matters, consult your orders and your mobilization coordinator.

Reach out to the incumbent of the billet that you are going to fill to get a feel for what the day-to-day details of the position are.

Hail & Farewell!

CAPT Karen Morgan, Nurse Corps RAO, will retire after 30 years of service. Congratulations on your retirement!

LCDR Shannon Gangler leaves M10 as the IRT Coordinator. She has done an outstanding job and will be missed. Her next assignment will be in Force Medical Readiness at BUMED.

CAPT Kelly Fox joins BUMED as the Nurse Corps Reserve Affairs Officer. Welcome Aboard!

September is Mental Health and Suicide Prevention Month.

From the Navy Marine Corps Public Health Center

September is Mental Health and Suicide Prevention Month.

Did You Know?

There is a stigma around suicide that needs to be overcome to help those who are considering attempting suicide as well as their friends and loved ones. It's a topic that most people don't want to talk about, but it's been found that raising awareness helps suicide prevention efforts. Understanding the facts and having open and honest conversations might help save a life. **It's okay to ask for help.**

Serving in the Navy or Marine Corps can be demanding. Deployment or mobilization can cause stress for service members and their families. But sometimes the most significant stressors are everyday situations like a relationship problem, a transition, or a permanent change of station. Encourage your staff, from the most junior to the most senior, to use the resources available to them. Reaching out and accepting help is a sign of strength and ultimately enhances mission readiness. By incorporating these tips into daily positive mental health behaviors, Sailors, Marines, their families, and civilian personnel can access the resources they need to support themselves and each other.

Military Crisis Line: **1-800-273-TALK (8255) or text 838255**
Military OneSource: **1-800-342-9647**
Marine DStress Line: an anonymous phone counseling service with a 'Marine-to-Marine' approach, at **1-877-476-7734**





Retirement Transition Outreach

Navy Personnel Command provides information to Navy Reserve members on the processes and benefits of reserve retirement via Retirement Transition Outreach (RTO). Fiscal Year 2022 (FY22) RTO events will be conducted virtually, with the potential for a hybrid (combined virtual/in-person) workshop during the third quarter of the year. Members of the Navy Reserve Component at all milestones toward full retirement with pay, including IRR, VTU, SELRES, and Reserve Sailors on longer-term active orders such as ADT, ADSW/ADOS, mobilization, "gray-area" retirees (awaiting pay), and Full Time Support (FTS) staff, are invited to attend. Spouses are also welcome. Attendance is not mandatory for Reserve members prior to approval of a retirement request or to commence retirement, although it is highly encouraged for members at all levels.

Members with active FLANK SPEED accounts can self-register via Forms at the URL here: <https://forms.osi.apps.mil/r/iukurzfztp> Members without an active FLANK SPEED account should ask a unit member or Navy Reserve Activities staff member with a FLANK SPEED account for assistance with registering or contact the RTO Team via email to be registered directly: pers-9_RTO@us.navy.mil The three different types of RTO events are described as follows:

1. Reserve Retirement Counseling Session (RRCS): RRCS is the preferred format for most current SELRES, VTU, and IRR. This drill-period-based RRCS event educates Navy Reserve Component members in all major milestones and topics of non-regular retirement, including managing reserve retirement points, making survivor benefit plan elections on receipt-of-notice of

eligibility, requesting transfer to the Retired Reserve, applying for retired pay and benefits, and enrolling in health benefits such as TRICARE and FEDVIP. In this format, delivery of briefings occurs within a single, four-hour drill period. Additionally, the session team provides two, available-office-hours periods for attendees with further questions.

2. Retirement Awareness Workshop (RAW): RAW is a format designed for Reserve members with unusual or detailed concerns. RAW provides an extended, three-day event, which includes all major-milestone information noted above for the RRCS format, plus additional segments on financial planning for retirement, VA disability, detailed forms support, plus office-hours periods throughout the event. This format provides members additional dwell time for content and additional, actionable down time to address individual documentation needs, such as preparing requests to transfer or applications for retired pay.

3. Reserve Retirement Waypoint (RRW): RRW is a three-hour, weeknight event that specifically highlights processes and addresses concerns for Reserve members within two years of eligibility for retired pay, specifically "gray-area" Retired Reserve members approaching age 60.

FY22 RTO event schedule is as follows:

RRCS Events:

Saturday-Sunday, Oct. 16-17, 2021, 0800 (PST)
Saturday-Sunday, Jan. 8-9, 2022, 0800 (CT)
Wednesday, Feb. 2, 2022, 1800 (CT)
Saturday-Sunday, Apr. 9-10, 2022, 0800 (EST)
Saturday-Sunday, May 14-15, 2022, 0800 (EST)
Saturday-Sunday, Sept. 10-11, 2022, 0800 (PST)
Wednesday, Sept. 14, 2022, 0800 (CT)

RAW Events:

Tuesday-Thursday, Nov. 2-4, 2021, 0800 (CT)
Tuesday-Thursday, May 3-5, 2021, 0800 (CT) (hybrid event: virtual/in-person)

RRW Events:

Tuesday, Nov. 9, 2021, 1800 (CT)
Thursday, Dec. 9, 2021, 1800 (CT)
Thursday, Jan. 6, 2022, 1800 (CT)
Thursday, Mar. 3, 2022, 1800 (CT)
Tuesday, Jun. 21, 2022, 1800 (CT)
Tuesday, Sept. 20, 2022, 1800 (CT)

Happy Birthday!

On August 19th, the Navy Dental Corps celebrated its 109th Birthday.

Manpower LT Palomino

As you apply for billets, the following prioritization for assignments in JO APPLY and MNA should be kept in mind:

1. Commissioned/Operational Local (Local w/ waiver)
2. Commissioned/Operational Cross-Assigned
3. Augment Local
4. Augment Cross-Assigned

Have An Update?

We want to share all of the great things you and your Command are doing! If you have an article or update you would like to see in this newsletter, please send to one of the M10 staff.